

**Full Report (All Nutrients) 02076, Seasoning mix, dry, chili, original**

Report Date: November 30, 2015 16:30 EST

Nutrient values and weights are for edible portion.

**Food Group : Spices and Herbs**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.33 tbsp 9g
<b>Proximates</b>					
Water	g	10.75	--	--	0.97
Energy	kcal	335	--	--	30
Energy	kJ	1404	--	--	126
Protein	g	10.82	--	--	0.97
Total lipid (fat)	g	7.30	--	--	0.66
Ash	g	14.56	--	--	1.31
Carbohydrate, by difference	g	56.56	--	--	5.09
Fiber, total dietary	g	10.8	--	--	1.0
Sugars, total	g	8.67	--	--	0.78
<b>Minerals</b>					
Calcium, Ca	mg	0	--	--	0
Iron, Fe	mg	3.90	--	--	0.35
Sodium, Na	mg	4616	--	--	415
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	5.9	--	--	0.5
Vitamin A, IU	IU	2816	--	--	253
<b>Lipids</b>					
Fatty acids, total saturated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	5.556	--	--	0.500
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0